

FUEL SCHOOL WITH WHOLE GRAINS

At Kellanova, our goal is to equip you with the best products and resources possible for your continued success – that means constantly evolving to stay on top of the latest in science and regulations. It's all part of our ongoing commitment to K-12 compliance, effective nutrition, and whole-grain greatness. Let's dig in!

WHOLE GRAINS FOR GROWING MINDS

Nutrition experts are reinforcing the power and importance of grains.

Did you know....



Grains are important sources of many nutrients, including complex carbohydrates, fiber, B-vitamins and certain minerals.¹



Whole and enriched grains contain carbohydrates – the “go-to” fuel for the body!¹



Grains can be combined with other plant foods like nuts and legumes to make complete proteins.²

DELICIOUS AND COMPLIANT

The Eggo® portfolio is a hit with students and operators alike! Our 2 oz. equivalent grain frozen breakfast products check all the boxes:

- Whole grain 1st ingredient
- Good source of fiber & at least 6 vitamins and minerals
- No high fructose corn syrup
- No synthetic colors & no artificial flavors
- USDA School Nutrition compliant³ and CACFP eligible



Eggo® Eggoji™ Waffles Made With 16g Whole Grain and Eggo® Froot Loops® Waffles Made With 17g Whole Grain both contain

5G
ADDED
SUGAR

PER SERVING



STAYING AHEAD OF THE CURVE

We're proud to say that our entire K-12 *Eggo*® portfolio offers 2 oz. equivalent grain per serving, to satisfy students and USDA SY27-28 requirements.³

All our frozen breakfast products contain 11g or less of added sugar per serving, helping operators meet the added sugar provision in the USDA Final Rule.³



EGGO® PRODUCTS

ITEM NUMBER	PRODUCT DESCRIPTION	OZ. EQ. GRAIN	CASE
FROZEN BREAKFAST			
38000-24698	<i>Eggo</i> ® <i>Eggoji</i> ™ Waffles Made With 16g Whole Grain (Serving Size 2 Waffles)	2oz.	144ct./1.23oz.
38000-29443	<i>Eggo</i> ® <i>Froot Loops</i> ® Waffles Made With 17g Whole Grain (Serving Size 2 Waffles)	2oz.	72ct./2.6oz.
38000-33169	<i>Eggo</i> ® <i>Froot Loops</i> ® Waffles Made With 17g Whole Grain Bulk (Serving Size 2 Waffles)	2oz.	144ct./1.3oz.
38000-92560	<i>Eggo</i> ® Minis Pancakes Blueberry	2oz.	72ct./3.03oz.
38000-92562	<i>Eggo</i> ® Minis Pancakes Maple Flavored	2oz.	72ct./3.03oz.
38000-18574	<i>Eggo</i> ® Minis Pancakes Confetti	2oz.	72ct./3.03oz.
38000-92313	<i>Eggo</i> ® Minis Waffles Cinnamon	2oz.	72ct./2.64oz.
38000-92315	<i>Eggo</i> ® Minis Waffles Maple Flavored	2oz.	72ct./2.64oz.
38000-80801	<i>Eggo</i> ® Minis French Toast Chocolate Chip	2oz.	72ct./3.03oz.
38000-80693	<i>Eggo</i> ® Minis French Toast Original	2oz.	72ct./3.03oz.
GRAHAMS			
38000-29476	<i>Eggo</i> ® Original Graham Crackers	2oz.	100ct./1.74oz.
38000-24520	<i>Eggo</i> ® Cinnamon French Toast Graham Crackers	2oz.	100ct./1.76oz.

BETTER BREAKFASTS FUEL STUDENT SUCCESS

Feast your eyes on these fun meal ideas featuring *Eggo*® frozen breakfast SKUs. Each tray meets the USDA Final Rule requirements³ and keeps kids coming back for more!



Eggo® Minis French Toast Original, 1 cup fruit, milk

Eggo® *Eggoji*™ Waffles Made With 16g Whole Grain, 1 cup fruit, milk



1. Papanikolaou Y and Fulgoni III VL. Certain grain foods can be meaningful contributors to nutrient density in the diets of U.S. children and adolescents: data from the National Health and Nutrition Examination Survey, 2009-2012. *Nutrients*. 2017;9(160). 2. Produce for Better Health Hacks to Habits Research, 2022. 3. USDA Final Rule – Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans. ©2026 Kellanova